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DAISY Award: WRNMMC Salutes Extraordinary Nurses



PHOTO BY SARAH MARSHALL

September DAISY Award winner Yanick Sanon



PHOTO BY MC1 CHRISTOPHER KRUCKE

October DAISY Award winner Navy Lt. j.g. Samantha McCarthy



PHOTO BY SHARON RENEE TAYLOR

November DAISY Award winner Spc. Brian Rankin

By **SARAH MARSHALL,**
MC1 (AW) CHRIS KRUCKE AND
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WRNMMC Public Affairs
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The Department of Nursing at Walter Reed National Military Medical Center (WRNMMC) saluted three of its extraordinary nurses -- Yanick Sanon, Navy Lt. j.g. Samantha McCarthy, and Army Combat Medic Spc. Brian Rankin -- with the DAISY Award for September, October and November, respectively.

"[The DAISY Award] is an outstanding recognition tool that we use for our staff to reinforce our values about caring and about compassion," said Col. Ray Antoine, WRNMMC's director of nursing services.

DAISY stands for Diseases Attacking the Immune System, and the award was established by the family of Patrick Barnes following his death from the auto-immune disease, ITP (Idiopathic Thrombocytopenia Purpura) in 1999. The Barnes family be-

gan the award as a way of showing their appreciation for the nursing care Patrick received during his hospitalization.

A patient nominated Sanon, a nurse on WRNMMC's Surgical Ward, for the September DAISY Award. "I know that caring confidence and concern for my well-being demonstrated by this nurse directly contributed to my recovery from a very serious illness, and I am very grateful ... She deserves to be recognized," stated the patient's nomination. The patient wishes to remain anonymous.

A native of Haiti, Sanon began her career in business administration. About 26 years ago, however, she spent a weekend volunteering as a nurse companion to assist an elderly individual -- and she loved it.

Immediately after, she sought how to become a nursing assistant. She worked her way towards becoming a surgical nurse, and has been working on the surgical ward at WRNMMC for the last 13 years.

Sanon explained she has found nursing is not really a "job" or "work" because she truly enjoys it -- especially "seeing the patients doing well when they're leaving," she said. "It's very rewarding. I'm happy to [be] here."

McCarthy was also nominated by one of her patients for the October DAISY Award. The patient described McCarthy as "reassuring, knowledgeable and never in a rush when attending me. Whatever was needed to make me comfortable and at ease, whether warm blankets or time to be ready for the next procedure or a word of encouragement, this nurse provided it with a smile and even a sense of good humor. She obviously loves being a nurse," stated the patient, who also wishes to remain anonymous.

McCarthy, a 4-West nurse, joined the military two years ago. She explained her brother is a Marine, which enabled her to see the care provided to wounded warriors.

"That's how I got into nursing

and military nursing, just watching how the nurses would take care of the wounded warriors," McCarthy said. "Treat every patient as if that is your family member and take care of them. Take the time and do the little things, because it is the little things that matter," she explained.

A fellow staff member nominated Rankin for the November DAISY Award. "This team member always arrives early, with a positive attitude, and ready to tackle any challenges thrown our way; that statement alone puts our staff at ease and gives us a true sense of support," the nomination read.

A medic for four years, Rankin deployed to Afghanistan from 2013 to 2014. He explained why he asks for the challenging assignments.

"I ask for the hardest and toughest because, really in life, whenever you're working with people, you want to do the best for them, and if it's the hardest and toughest thing you should do, do it," he said.

NMPDC Commander's Column

Leadership: Focus on the Positive



Capt. Phillip M. Sanchez, MSC, USN NMPDC Commanding Officer

I recently finished reading a book entitled "The Pause Principle: Step Back to Lead Forward" by Kevin Cashman. In the book, he introduces the principle of slowing down and reflecting on one's personal growth and making the necessary course corrections in order to lead with purpose. Recently I was asked by a young Sailor "What motivates you to continue to serve after 36 years?" That question prompted me to think about The Pause Principle. This past year has been very eventful. I suspect the year kept you fully engaged as well. Take some time to reflect on the positive accomplishments you've achieved over the past year. We need to take time to

think about what is important to us, what motivates us, what drives us, what keeps us going. As I reflect over the past year, my motivation was inspired and sustained by being focused on the positive. One of the best ways to stay focused on the positive is to be an avid reader of positive books, articles and commentaries. Retired U.S. Marine Corps Gen. James Mattis, one of the most accomplished commanders in recent history," on professional reading stated, "The problem with being too busy to read is that you learn by experience (or by your men's experience), i.e. the hard way. By reading, you learn through others' experiences, generally a better way to do business, especially in our line of work where the consequences of incompetence are so final for young men. Another influential reading has been "Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life" by Barbara Fredrickson. Here are a few quotes from her book worth repeating:

- "Positivity builds trust and broadens your mind."
- "Whether you experience positivity or not depends vitally on how you think. Positive emotions— like all emotions— arise from how you interpret events and ideas as they unfold. They depend on whether you allow yourself to take a moment to find the good."

- "With positivity, you see new possibilities, bounce back from setbacks, connect with others, and become the best version of yourself."

Shirzad Chamine in his book, "Positive Intelligence: Why only 20% of Teams and Individuals Achieve Their True Potential and how you can achieve yours," describes how positive intelligence (PQ) can increase performance and fulfillment. He states, "In the U.S. Navy, the squadrons lead by higher PQ Commanders received far more annual prizes for efficiency and preparedness. Squadrons lead by low PQ Commanders, ranked lowest in performance."

I have seen a transition develop over the past year in leadership discussions across the Navy to move from the paradigm of 'how to fix the bad apples' to one of 'building the best and brightest' as it relates to leader development. The Corporate world does not focus on bankruptcy, Grand Jury indictments or the most effective bad habits to get fired in their leader courses. Impactful companies modeling effective leader development discuss growth, mission, goals, alignment, accomplishment and personal development – that is to say they focus on the positive. What we think and dwell upon shapes and models our behavior. The best example of this is can be expressed

See **COLUMN**
Page 6

Bethesda Notebook

Vietnam War 50th Anniversary Commemoration

NSAB will hold its inaugural Vietnam War 50th Anniversary Commemoration Event at the USO Warrior and Family Center Friday, Dec. 11 from 11:30 a.m. until 12 p.m. in the meeting room/classroom. Scheduled events include a reading of President Obama's presidential proclamation, remarks by NSAB Commanding Officer Capt. Marvin L. Jones and Vietnam War veterans and a cake cutting ceremony. Most importantly, the ceremony is a way to recognize and thank our Vietnam veterans for their service. All are welcome to attend.

Running Club Forming

The Coalition of Sailors Against Destructive Decisions and Better Opportunity for Single Soldiers groups are forming a running club which meets every Friday to Dec. 18 from 2 to 3 p.m. in front of Bldg. 17. The club is for any level of runner and participants are encouraged to bring water and stretch to prevent injuries. For more information, contact SN Trey Pastirik at trey.m.pastirik.mil@mail.mil, or call 301-295-4991, Ext. 128.

TeamSTEPPS Training

The two-day train-the-trainer course for TeamSTEPPS (Team Strategies and Tools to Enhance Performance and Patient Safety) is Jan. 28-29 from 8 a.m. to 4:30 p.m. each day in Bldg. 5, fourth floor, Rm. 4027. The course is designed to assist staff in improving patient outcomes by improving communication and teamwork skills. For registration and more information, contact Hospital Education and Training at classregistration@health.mil or call 301-319-5209.

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NSAB Christmas Tree Lighting

Naval Support Activity Bethesda (NSAB) Sailors of the Year were joined by Gold Star family members to light up the Navy Exchange’s Christmas tree during a ceremony Dec. 2. The U.S. Navy Band Brass Quintet played holiday songs before and after the tree lighting ceremony. “All across the nation, at towns and cities and places like this, (the tree lighting) tradition is taking place and that signifies that the holiday season is upon us,” NSAB Commanding Officer Capt. Marvin L. Jones said.



PHOTOS BY ANDREW DAMSTEDT

NDW Chief of Staff Visit



PHOTO BY AIRMAN MATTHEW HOBSON

Naval District Washington Chief of Staff Capt. Scott Adams (center) receives a facility brief from Jerry Cataldo, NSAB Fitness Director, at the Fitness Center during a visit to Naval Support Activity Bethesda (NSAB) Dec. 3. NSAB leadership and staff provided Adams with a comprehensive tour of the installation and briefed him on its capabilities.

Champions! Local Pediatric Residents Top Competition in Quiz Bowl

By **MC1 (AW) CHRIS KRUCKE AND SARAH MARSHALL**
WRNMMC Public Affairs staff writers

Five contestants representing the National Capital Consortium (NCC) Pediatric Residency Program, based at Walter Reed National Military Medical Center (WRNMMC), took home the championship trophy after competing in the James W. Bass Challenge Bowl during this year's American Academy of Pediatrics National Conference and Exhibition (AAPNCE) held recently in Washington, D.C.

The AAPNCE serves as the premier meeting for pediatric providers from around the world with nearly 15,000 attendees, 350 educational venues, and more than 150 exhibitors. Each year on the last day of the event, one pediatric residency program from among the 199 accredited programs in the U.S., is crowned the James W. Bass Challenge Bowl winner. The competition tests the knowledge of each team across a wide area of pediatric medicine. The winning team earns the Meconium Cup.

"This is a great honor for one of our core residency programs here at WRNMMC and the NCC," explained Army Col. (Dr.) Clifton E. Yu, chief of Graduate Medical Education at WRNMMC. "The competition is rigorous. To be recognized on an international

platform like the AAPNCE is a true testimony not only to the excellent performance of our trainees, but also to the overall quality of our faculty, leadership, and military medicine," he added.

The team for the NCC beat the teams from Johns Hopkins and Georgetown University's Pediatric Residency Programs, for the championship.

Yu said, Navy Capt. (Dr.) Greg Gorman, residency program director, "and his group of outstanding residents representing all three services, made us extremely proud in front of this international audience."

Team members included Air Force Capt. (Dr.) Jason Forbush, Air Force Capt. (Dr.) Jim Nugent, Army Capt. (Dr.) Stephanie Berdy, and Army Capt. (Dr.) Elizabeth Perkins.

Forbush explained the competition was close and came down to the last question.

"Although the final question was worth a lot and other teams had the potential to surpass us, we outscored the other two programs on the final question," he said.

Forbush added one of the things that helped propel WRNMMC to victory was the team's ability to answer questions about presidential children and their maladies. "As the President's Hospital, it was only fitting that our pediatricians dominated this category," he said.



COURTESY PHOTO

The team from the National Capital Consortium Pediatrics Residency Program celebrate their victory in the James W. Bass Challenge Bowl recently held during the American Academy of Pediatrics National Conference and Exhibition in Washington, D.C.

For its victory, the NCC team receives a plaque, as well as an engraving on the actual Meconium Cup, which is kept on display at AAP headquarters near Chicago.

The name of the competition's winning trophy, the Meconium Cup, is "an insider's joke for pediatricians," Forbush explained. "Meconium is the substance that is passed from a newborn baby's gastrointestinal tract after birth. When meconium clears, it is a good sign that a baby is feeding and growing well."

The NCC Pediatric Residency Program is the largest and only tri-service military pediatric training program

which traces its roots to those established in 1949 at the former Walter Reed Army Medical Center, and in 1954 at the National Naval Medical Center, predecessors to WRNMMC.

Each year, the NCC Pediatric Residency Program selects 13 physicians from the graduating classes of the Uniformed Services University of the Health Sciences and Health Professions Scholarship Program for the three-year program.

"The residency and its faculty have a distinguished track record of training pediatricians who have proven capable of caring for children and adolescents in any environ-

ment – in tertiary care hospitals, isolated duty-stations, and the austere conditions of humanitarian and battlefield crisis," according to Gorman.

"Winning the Bass Bowl is another in a string of recognitions for our amazing pediatric residents, who have also recently won national and local research awards, including two of the last three Robert A. Phillips Clinical Research Awards at WRNMMC," Gorman stated. "With Naval Medical Center San Diego's win last year, the NCC Pediatric Program's 2015 victory makes it two in a row for military pediatrics in this national pediatrics competition."

WRNMMC Sailor and Marine Speak at Elementary School



PHOTOS BY JAMIE PETROSKEY

Marine Gunnery Sgt. Gary Morris (left) and Hospital Corpsman 2nd Class Amber Barak spoke about leadership, military culture and personal experiences at Cannon Road Elementary School Nov. 18. The presentation also included prosthetic limbs to familiarize the students with new advancements in rehabilitation and prosthetics.



MWR Breakfast with Santa



PHOTOS BY AIRMAN MATTHEW HOBSON

Naval Support Activity Bethesda’s Morale, Welfare and Recreation held a Breakfast with Santa at the Warrior Cafe Dec. 5. In addition to the breakfast, the event included visits with Santa, ring tossing activities and an ornate watermelon sleigh.

Bethesda Winter Wonderland



PHOTOS BY AIRMAN MATTHEW HOBSON

Naval Support Activity Bethesda (NSAB) Police Department reached out to the local community at Bethesda Urban Partnership’s (BUP) Winter Wonderland event Dec. 5 in Bethesda. The event was part of the continuing effort by NSAB and BUP to strengthen community relations between the base and the city.

‘New to the Navy’ Mobile App Provides Answers to Common Questions

**By NAVY PERSONNEL
COMMAND PUBLIC AFFAIRS**

Need to know how to ship household goods? Wondering what types of receipts you need to keep while on official travel? Acquire a family member and need to know how to get dependent ID cards? The “New to the Navy” mobile application has you covered.

New to the Navy is geared toward new Sailors and answers many frequently asked questions about pay and personnel matters. The content is organized by top-

ics that are easy for new Sailors to understand, like “Moving my stuff,” and provides official references, procedures, methods for avoiding mistakes and pertinent points of contact. Some of the topics covered include: Transfers; Sponsor Program; Pay, Personnel and Advancement; Marriage and Family; New Officers; and contact numbers to reach out to in the event of additional questions or emergencies. The app also includes definitions of acronyms.

The application is available now on all mobile platforms

via their respective application stores:

Apple: <https://itunes.apple.com/us/app/opsec/id1031272509?mt=8>


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COLUMN CONTINUED FROM PAGE 2

in the following tale of two wolves.

“One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, ‘My son, the battle is between two ‘wolves’ inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.’ The grandson thought about it for a minute and then asked his grandfather, ‘Which wolf wins?’ The old Cherokee simply replied, ‘The one you feed.’”- Anonymous.


Positivity is about choice. It's the engine of change. Take a moment each day to pause and meditate on positive leadership. A genuine positive attitude makes for a healthy productive life that impacts a generation of successful people. Keep reading, keep learning, and stay positive.

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